## Senior Fitness & Wellness Program | Prime Time Fitness & Lighten up for Life

Available 24/7

No

Other Eligibility Criteria
Eligible age is 50 and older
Intake Contact Email
jenkisl@ci.danville.va.us
Intake Process

Walk-In

Self Refer

Yes

**Ballou Recreation Center** 

Main

(434) 799-5216

Ballou Park 760 West Main Street 24541 VA United States

Fee Structure
Call for Information
Payment Method(s)
Private Pay
Languages Spoken
English

Ballou Recreation provides fitness programs for adults 50+. These programs include aerobics, weights, yoga, and weight training on Mondays, Tuesdays and Thursdays. a.m. and Fridays 9:30-11 am.

Another Fitness program is call Lighten up for Life, for those Seniors wishing to

become more happy & healthy through diet, exercise and clear mind. Sign up and there is a one time small fee. Program is offered January of each year through April. Register in January.

Service Area(s)
Danville City
,
Pittsylvania County